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1. A method of charging a rechargeable unit, such as a rechargeable battery or a rechargeable battery pack, characterized in:

that a charging current corresponding to more than 2 C-rates is supplied to the rechargeable unit; and

that the supply of charging current is interrupted before the rechargeable unit has been charged to maximum 80% of its full capacity.

- 2. A method according to claim 1, wherein said charging is followed by normal charging proceeding at a current corresponding to maximally 1 C-rate until the rechargeable unit is substantially fully charged.
- 3. A method according to any one of claims 1 and 2, wherein a charging current of more than 4 C-rates is used for charging a rechargeable unit comprising an NiCd or an NiMH battery.

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4. A method according to any one of the preceding claims, wherein a measurement of the initial capacity of the rechargeable unit is made before charging starts or at the beginning of the charging process, the supply of charging current being stopped if the initial capacity is found to be higher than a predetermined initial capacity.

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- 5. A charger for charging a rechargeable unit, such as a rechargeable battery or a rechargeable battery pack, comprises a supply unit for supplying charging current to a rechargeable unit, characterized in that the charger further comprises:
- means for supplying a charging current of more than 2 C-rates to the rechargeable unit; and
- means for interrupting charging before the rechargeable unit has been charged to maximally 80% of its full capacity.

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- 6. A charger according to claim 5, wherein the charger further comprises a manual selector for choosing between:
- a boost charging mode wherein the rechargeable unit is charged to maximum 80% of its maximum capacity at a current corresponding to more than 2 C-rates; and
- a normal charging mode wherein the rechargeable unit is fully charged at a current corresponding to maximum 1 C-rate.
- 7. A charger according to claim 6, wherein the charger comprises means for switching from the boost charging mode to the normal charging mode when the rechargeable unit has been charged to maximally 80% of its full capacity.
 - 8. A charger according to claim 5, wherein the charger comprises means for automatically switching to a normal charging mode for charging the rechargeable unit to full capacity at a current corresponding to maximally 1 C-rate after said interruption of said charging process.
 - 9. A charger according to any one of the claims 5 to 8, wherein the charger comprises means, such as an LED or a speaker, for providing an indication to the user of the charger that said interruption of said charging process has occurred.
- 10. A charger according to claim 5, wherein the charger comprises a timer unit, the timer unit being devised to interrupt said charging process after a predetermined time interval.